



Recipe Name: Harvest Pot Pie

File No:

Recipe Adapted From:



Uxbridge Public Schools
and
Westfield Public Schools

Grade Group (s): K-8, 9-12	HACCP Process <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 100	
Portion Size: 1 cup	
Serving Utensil:	
Servings per Pan:	

Ingredients	Weight	Measure
Onions, Raw, Chopped	3/4 lb	
Garlic, Raw, Minced		4 Tbsp
Carrots, Raw, Chopped		6 cups
Oil, Vegetable		1 cup
Flour, All Purpose, USDA # 100400		1 cup
Beef Crumbles, Cooked, Frozen, USDA #100134 (1.5 oz = 1 oz eq)	14 1/2 lbs	
Broth, Beef		1 gallon
Corn, No Salt Added, Canned, Drained USDA #100313		2 #10 can
Potatoes, Red, Raw, Unpeeled, Diced	24 lbs	
Garlic, Granulated	3 oz	
Milk, Fat Free		2 qt
Butter		1 cup
Salt		1Tbsp
Pepper, Ground		1Tbsp
Parsley, Chopped		4 Tbsp

Procedure
<ol style="list-style-type: none"> Saute onions, garlic, and carrots in oil for at least 15 minutes or until the onions begin to brown. Add the flour and stir over medium heat for 5 minutes, take care not to burn. Add broth gradually, add seasoning, and beef, and simmer for 30 minutes. Divide meat mixture between two, 2 inch hotel pans. Drain corn, divide and spread between the pans. Simmer potatoes in a large pot until potatoes are fork tender, about 30 minutes. Heat milk to a near boil, but do not boil. Add butter, granulated garlic, salt, and pepper to milk. Drain potatoes and place into large bowl. Whisk hot milk mixture into the potatoes at the lowest speed, gradually increasing the speed until smooth. Spread mashed potatoes over the meat and vegetable mixture. Bake at 350°F until the pans are heated through and the internal temperature reaches 160°F.
CCP: Hot hold for service at 135°F or higher.

Meal Component Contribution				Total Yield		
Meat/Meat Alternate: 2 oz eq				Weight:		
Vegetable Subgroups			Number of Pans:			
DG	RO	BPL	Pan Size:			
			Volume:			
S	O	A	Nutrition Analysis Based on Portion Size			
3/4 cup			Calories: 294 kcal			
Fruit:			Saturated Fat (g): 5.70g			
Grains:			Sodium (mg): 548.49mg			
Based on USDA Food Buying Guide-RAW			Calculated using NutriKids			

Equipment (if not specified in procedures above):

DG - dark green RO - red orange BPL - bean, peas, legumes
S - starchy O - other A - additional